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NEWS WORTH SHARING.

FIFA World Cup fever: Shoes, strikes and strikers

We've got new footwear and a subway strike that threatens the games PAGE 16

SORRY LADIES, BUT YOU MISSED YOUR CHANCE

GEORGE CLOONEY AND HIS FIANCÉE AMAL ALAMUDDIN ARE REPORTEDLY GETTING HITCHED IN VENICE PAGE 21

Women warned away from gangsters

Investigation. Don't be drawn in by the money and the lavish lifestyle, police urge after a Real Housewives star's daughter is shot

Mia Deakin, daughter of Real Housewives star Jody Claman, suffered a serious gunshot wound in a drive-by shooting in East Vancouver on Sunday. FACEBOOK

It may seem like a glamorous lifestyle, but Vancouver police are warning young women of the dangers of dating gangsters following a drive-by shooting that sent a local socialite to hospital with a serious gunshot wound.

"We are warning young women to be very careful of who they are associating with," Sgt. Randy Fincham, spokesman for Vancouver police, said at a media briefing Monday. "We would hate to see something happen with them just because they are hanging out with the wrong person."

The shooting unfolded around 7 p.m. Sunday when an unknown person in an SUV opened fire on a woman and a man who were outside their car at a gas station on East Hastings Street near Vernon Drive.

Fincham would not confirm the victims' identities, but a source told Metro on Monday that the woman is 28-year-old Mia Deakin, daughter of reality TV star Jody Claman of The Real Housewives of Vancouver.

Deakin, who regularly appeared on The Real Housewives, goes by the name Mia Claman on the TV show.

"We do believe at this time that this was a targeted shooting," said Fincham. "This was not random."

The woman suffered a serious gunshot wound to her shoulder and was taken to hospital where she underwent surgery, said Fincham.

She is now in stable condition, he said.

Her male companion, an unidentified 27-year-old, suffered minor hand injuries. He was treated in hospital and released, but he was later arrested on an unrelated warrant.

During their investigation, police became aware of an outstanding warrant for the man related to driving while prohibited and took him into custody, said Fincham.

A motive for the shooting is not yet known, and it's unclear which of the two was the intended victim, Fincham said.

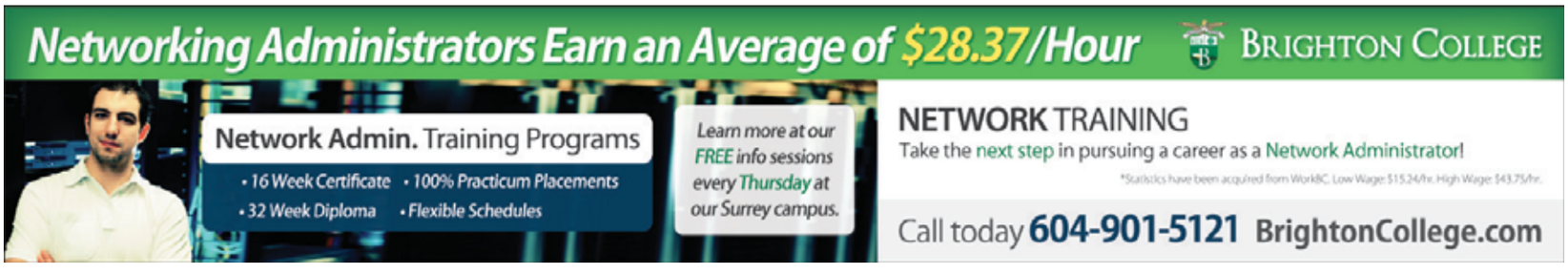
Police are investigating whether the man has any links to gang activity, he said.

Fincham said police are searching for the grey or silver-coloured SUV involved in the shooting, which was last seen going east on Hastings Street.

Although dating a gangster is a "very dangerous lifestyle choice," Fincham said it seems to be a growing trend for some young women in Metro Vancouver.

In recent years, he said police have noticed an increase in the number of women becoming intended targets or getting caught in the crossfire of gang-related violence.

"It appears to be a lifestyle choice that people get trapped into," he said. "The fast money, the nice cars, the pricey bar tabs, the expensive clothes seems to be a lure for young people." THANDI FLETCHER/METRO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'Very intimidating'

Residents cry foul over councillor's blog post

A Vancouver councillor's blog post over a controversial condo development could get him removed from a public hearing on the project after a group of residents cried foul.

The False Creek Residents Association accused Coun. Geoff Meggs of bias and wants him ousted from Tuesday's public hearing after he posted on his blog and on Twitter that the upcoming Concord Pacific rezoning could lay out the process for delivering a long-awaited park.

The city's legal department is looking into the issue, the mayor's office said Monday.

The association believes Meggs violated the neutrality required by the Vancouver Charter before public hearings by linking to the developer's website and citing passages from a report that recommends approving the project, said association co-chair Fern Jeffries.

"The fact that he would blog on this and tweet about this is a violation of the process," Jeffries said, adding that councillors are supposed to stay mum before a public hearing.

"It's very intimidating to go to city hall and speak on an issue when you know the staff and the machinery and the statistics are lined up against you."

Meggs has since deleted the blog post and the tweets, but cached copies are easily accessible.

Meggs declined to comment on the situation in an email to Metro.

EMILY JACKSON/METRO

The rock star of guitar making

Acoustic guitar maker David Iannone inspects the installation of a guitar neck in his workshop in North Vancouver on Friday. Iannone has been building Morgan guitars since 1985, handcrafting about 60 per year out of the finest materials that he seeks out from all over the world.

JONATHAN HAYWARD/THE CANADIAN PRESS

TWU before the law

Trinity Western University. Law Society of B.C. will vote to approve (or disapprove) Langley Christian school

MATT KIELTYKA
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Thousands of lawyers in British Columbia will vote Tuesday on the Law Society's approval of Trinity Western University's controversial law school.

The Law Society of B.C. has convened a special general meeting after five per cent of its members submitted written requests challenging the society's decision to recognize TWU's law school as an approved faculty of law in April.

More than 2,000 lawyers have already pre-registered for the meeting, which will be held simultaneously, via telephone, in 16 locations throughout the province.

Registration and voting (done by secret ballot) will be open until 6 p.m.

Michael Mulligan, a Victoria lawyer who initiated the special general meeting, says the meeting will be the largest meeting of lawyers in British Columbia's history.

Mulligan says its "exceedingly rare" for lawyers to challenge the decisions of the Law Society's Benchers (effectively its executive board) but the Trinity Western University's law school has been a contentious issue.

He takes issue with the Langley, B.C., Christian school's "community covenant," a document students must sign agreeing to refrain from sex except in the context of a heterosexual marriage.

The school's application was strongly opposed by gay and lesbian rights groups across Canada.

Law societies in Ontario and Nova Scotia have voted against recognizing the law school — adding fuel to those who want to see the Law Society of B.C. overturn its decision.

"I think the policies of the (TWU) are discriminatory and offensive," Mulligan, who will attend the meeting in Vancouver, said. "As lawyers, we have a duty to ensure the rights and freedoms of all persons are protected."

A spokesperson for Trinity Western University said the school is awaiting the results of the vote before commenting, but added that it considers its law school already approved unless something happens to change that.

Past approval

The proposed law school — slated to open in 2016 — has received approval from both the Federation of Law Societies of Canada and the province of British Columbia to operate.

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Government deal puts pressure on BCTF ahead of strike vote

Education support staff. Grant to ensure workers get paid while teachers are on strike

MATT KIELTYKA
matt.kieltyka@metronews.ca

The province has lobbed the ball back to the B.C. Teachers' Federation court after announcing an agreement with education support staff.

The five-year deal, which must still be ratified, includes a grant for approximately 34,000 workers — education assistants, secretaries, caretakers, First Nations support workers and more — to ensure staff who don't cross picket lines are still paid while teachers strike.

"We have said to CUPE … that with the settlement they are not responsible for the strike action," said Education Minister Peter Fassbender. "We will return what they have lost in pay and we will not have their pay affected in this round of labour disputes with the BCTF."

Fassbender used the deal, reached over the weekend, to heap public pressure on the BCTF, which is voting whether to escalate to a full strike on Tuesday.

Despite teachers' claims, he said class size and composition are on the table as reflected with the CUPE deal and called for the union to dramatically scale back their wage proposal "in line with other public-sector agreements."

The union wants a wage hike in the range of 12 per cent over four years, while the government contends that spikes to more than 19 per cent when compounded, and including benefits.

Teachers have been on a rotating strike — Phase 2 of their job action — since May 26.

If a strike vote passes this week, they'll be in position to launch a full-scale, province-wide strike on June 16.

The government has filed an essential-services application with the Labour Relations Board to ensure report cards are completed ahead of graduation season, but a hearing date has not yet be set.

WITH FILES FROM THE CANADIAN PRESS

Education Minister Peter Fassbender speaks to reporters in Vancouver on Monday. MATT KIELTYKA/METRO

Not-so-hot season for Vancouver yoga studios

Yogis in the downward dog position. COURTESY YYOGA

Vancouver's thriving yoga community is trying to regain its balance after numerous studios have been forced to shut their doors in the past six months, with remaining yogis making space for orphaned students and teachers.

Closures include two Bikram Vancouver hot yoga locations, along with Inner Space in Gastown, Sanga Yoga in Dunbar and Yogapod on the North Shore.

"We can honestly say we have done everything we can do," wrote Yogapod's founders on their website in late May. Their lease was up and the property is slated for redevelopment.

This prompted many studios still standing to offer discounts to members of the closed studios. YYoga is one centre that opened its doors due to the closures.

"We're sharing with the rest of our community," said Jen Riley, vice-president of marketing. "No one benefits by a studio closing."

Nothing in particular seems to have caused the spike in closures, Riley said, but it shows just how challenging it is to run a yoga business.

"What it costs to keep a studio open would probably surprise people," she said, as it's the same to operate whether one or 20 people show up. Discount sites like Groupon may have trained people to look for unrealistic prices, she added.

Another local yogi has an innovative solution to help teachers make a living.

Lynn Roberts, president of Innergy Corporate Yoga, instructs other yoga teachers in how to run their own mobile businesses that operate from workplaces and homes.

Her clients include tech companies, banks and people who simply prefer to practise in a more private setting.

This "hidden community" is another creative way for yoga teachers to survive, she said, although she believes her business complements rather than competes with studios. **EMILY JACKSON/METRO**

Chilliwack

SPCA seek charges for dairy workers

The B.C. SPCA is recommending animal cruelty charges against eight employees at a Chilliwack dairy farm.

The recommended charges follow an investigation launched June 2 after the B.C. SPCA received a video from Mercy for Animals Canada.

The video allegedly shows employees striking dairy cows with chains, canes and rakes.

The company, which is the largest dairy farm in Canada according to the B.C. SPCA, is co-operating with the investigation.

JEFF HODSON/METRO

Saw Mill Lake

Person released in suspicious death

RCMP in Oliver have released the person taken into custody following a suspicious death at a south Okanagan lake.

Const. Kris Clark says charges have not been laid.

A woman's body was found near the shore of Saw Mill Lake, just outside Oliver early Saturday.

The person of interest was arrested a short time later but was released the following day.

Police have not said how the woman died or why they consider it suspicious. Her name is not being released until relatives have been notified. **THE CANADIAN PRESS**

Highway 16

Head-on collision claims four lives

Four people have been killed in a head-on crash in northwestern B.C.

The collision between a van and an SUV happened early Saturday evening on Highway 16 between Moricetown and New Hazelton, north of Smithers.

RCMP confirm a lone woman from Prince Rupert died in the SUV, along with all three people in the van.

Const. Angela Rabut says the two men and a woman in the van were residents of Moricetown and related.

No names have been released, and the cause is under investigation.

THE CANADIAN PRESS

Defence calls no evidence in murder trial

Defence lawyers for a pair of alleged Vancouver-area gang members on trial for the murders of six people, including two innocent bystanders, told a judge Monday they won't be calling any evidence, setting the stage for closing arguments to begin next month.

Cody Haevischer and Matthew Johnston are each charged with one count of conspiracy and six counts of first-degree murder for a mass killing in October 2007. Six bodies were found in a highrise condo in Surrey, southeast of Vancouver.

The Crown wrapped up its case last month after calling 73 witnesses. Defence lawyers then made several applications but hadn't yet revealed whether they intended to call any witnesses.

"Mr. Haevischer elects to call no evidence in this case," Haevischer's lawyer, Simon Buck, told the court.

He was followed by Johnston's lawyer, Michael Tammen: "I can confirm that Matthew Johnston, like Mr. Haevischer, elects to call no evidence."

Judge Catherine Wedge then set the first day of closing submissions for July 2.

The case is related to a mass killing that left six people dead on Oct. 19, 2007.

When the trial began on Sept. 30 of last year, there were three men in the prisoner's box: Haevischer, Johnston and former gang leader Michael Le, who was charged with conspiracy and a single count of first-degree murder.

However, Le pleaded guilty in late November to conspiracy to commit murder after agreeing to become a co-operating witness. The first-degree murder charge was dropped and he was sentenced to 12 years, though he will be eligible to apply for parole by the end of this year.

The Crown has alleged members of the Red Scorpions gang intended to kill a rival drug trafficker, and that five others were killed to eliminate potential witnesses. The victims included fireplace repairman Ed Schellenberg, 55, and building resident Chris Mohan, 22, who were simply in the wrong place at the wrong time. THE CANADIAN PRESS

Surrey Six case

The first day of closing arguments will be July 2.

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B.C.'s coastal wolves a 'mellow' breed

Laid-back. Mainland animals much different than their island cousins

B.C. has two breeds of wolves, the ferocious mainland animals that compete with grizzly bears for food and territory, and the laid-back island variety that prefers their terrain predator-free while scavenging the sea shore, says a new study out of the University of Victoria.

The often pastoral landscapes of many of B.C.'s ocean islands compared to the province's rugged, mountainous mainland has helped create what conservation scientist Chris Darimont said is a mellow breed of wolf — one that digs for clams and snags salmon rather than spending its days roaming vast stretches of territory in search of food.

Darimont, a professor at UVic and the research chair at the Hakai-Raincoast lab, said there are obvious differences between wolves on the mainland and those found on B.C.'s islands, even those located less than 1,500 metres from the mainland.

Darimont's research, published Monday in the British scientific journal BMC Ecology, states that despite the short distances between islands and the mainland, the wolves' different ecological environments has created a genetic separation that over time has seen the coastal wolves breed more frequently with each other than their deer-hunting, grizzly-loathing relatives on the mainland.

"I would say they are wolves living on the edge of the planet," Darimont said in an interview. "They are living life at the edge with two paws in the ocean and two paws on land."

Of course, the discovery that wolves living on B.C.'s islands are different than those on the mainland, was not news to Heiltsuk Nation hunter Chester Starr, who provided Darimont with the inspiration to study the wolves almost 15 years ago.

"We were sitting in a boat and he asked me the strangest question," said Darimont. "What wolves are we going to be studying here? The timber wolves or the coastal wolves?"

"The timber wolves, those are the mainland wolves," Darimont said Starr told him. "They like it up high. They like big things and they are big buggers themselves. The coastal wolves on the islands, they are different."

The scientists analysed DNA samples from wolf scat collected in the field, concluding there are differences between the wolves. THE CANADIAN PRESS

A coastal B.C. wolf, part of a research project, is shown in a handout photo. CONTRIBUTED

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Vancouver startup Plastic Bank has created what it claims is the world's first 3D printed object made entirely from recycled ocean plastic. SCREENGRAB

'Taking waste and turning it into gold'

Plastic Bank. Vancouver startup uses ocean trash to create 3D printed objects, with an aim to battle poverty and litter

THANDI FLETCHER
thandi.fletcher@metronews.ca

A Vancouver startup has created what it claims is the world's first 3D printed object made entirely from recycled ocean plastic: a small, plastic wrench.

David Katz, CEO and founder of Plastic Bank, said he is hopeful the wrench is the start of a global venture that aims to fix two major problems in the world: poverty and litter.

That may sound like a lofty goal, but Katz said the concept is actually quite simple.

"I don't know why no one has (thought of it before)," he said.

The idea, he said, is to set up facilities in less-developed countries where people can collect plastic waste and bring it in to the shop. In exchange, they get money and the opportunity to learn about 3D printing. On-site engineers will work with them to develop ideas they have for printed objects they can then sell to earn income.

Katz said he is excited to see the ideas people dream up.

"The greatest opportunity is we get to reveal the ideas in the minds of people who are incredibly industrious," he said. "These people survive on garbage on dollars a day. They have to be industrious to live and now we're going to give them an opportunity to really substantiate their creativity."

Plastic Bank spent a year working with University of B.C. engineers to build a machine that could take plastic and turn it into a filament for building 3D printed items.

The wrench, made out of waste collected from the ocean and shorelines of Alaska, was the result of testing for the machine, which is believed to be the first in the world, said Katz.

"We believe it's an amazing opportunity to provide an on-site, full-circle, closed-loop recycling opportunity," he said. "Taking waste and turning it into gold."

Plastic Bank recently launched its first shop in Lima, Peru, and Katz said he hopes to expand to many other impoverished nations in the future.

Victoria area

Officials test lake after swimmers complain of illness

Complaints from swimmers of vomiting, cramps and diarrhea have prompted Vancouver Island health officials to investigate the water at a popular lake.

The Island Health authority has announced that it's investigating cases of gastroenteritis from people who swam at Thetis Lake Regional Park last Friday and Saturday.

The agency says it has sent more water samples from the Victoria-area lake to a lab for testing.

THE CANADIAN PRESS

Near Rossland. Police identify 75-year-old man killed during break-in

Mounties have identified a 75-year-old man as the victim of a violent homicide during a robbery at a home near Rossland.

Supt. Tim Head said police responded to a 911 call after the body of Thomas Feeney was found at the house last Thursday. He said Feeney was a longtime resident of the area and that his body was discovered in a home located on a road named after his family.

"At this time, the preliminary findings from the investigation lead police to believe that this appears to be a random incident or a crime of opportunity that has taken the life of a 75-year-old man," Head said.

A TV, ammunition-reloading equipment and five firearms were stolen, Head said, adding one was a unique rifle with an octagon-shaped barrel and distinctive firing mechanism.

Feeney's son-in-law Colin Lohrer is appealing for information that could lead police to whoever is responsible.

"On behalf of the Feeney family, I would like to express that we need your help," Lohrer said. THE CANADIAN PRESS

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Slain Mounties honoured at public visitation in Moncton

'Such a loss.'
Thousands of police officers expected to attend RCMP regimental funeral in Moncton Tuesday

People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped caskets lay near the front of the room. Atop each casket was a Mountie's brown Stetson.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue.

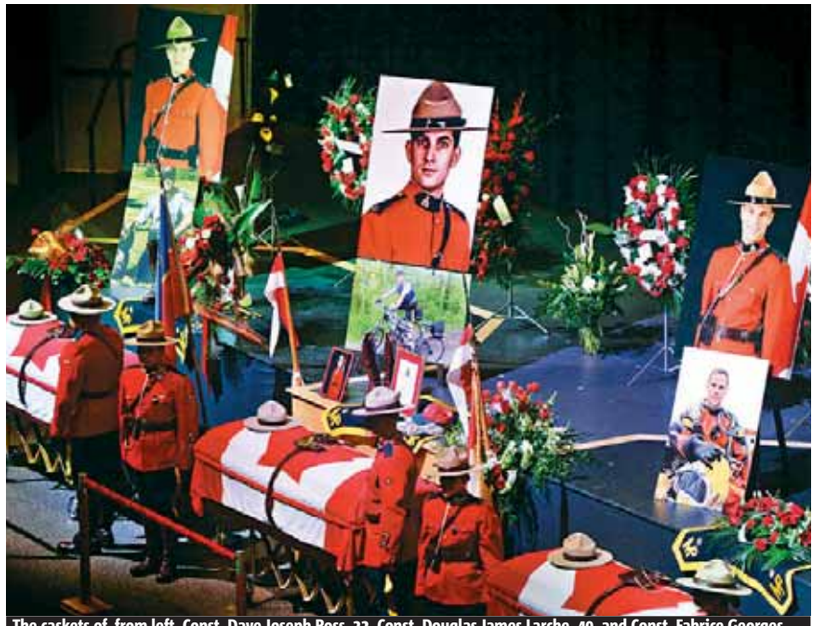
"For me, I just wanted to say thank you again and again to these people.... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted murder.

THE CANADIAN PRESS



The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Unrelated charge

Death threat for police

A man was charged in Moncton, N.B., on Monday with uttering a threat to cause death to peace officers, but RCMP issued a statement saying it is not connected to their investigation into the shooting deaths last week of three Mounties.

During a court appearance Monday by Jasper John Stam, the judge reportedly ordered that he have no contact with Justin Bourque, the accused in slayings of the three RCMP officers, at the request of a Crown attorney. The public prosecution service in New Brunswick would not explain why the request was made.

THE CANADIAN PRESS

'Frank' on climate change: PM

Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said.

"No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country.

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

THE CANADIAN PRESS

Canada defended

President Barack Obama has introduced regulations to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

- Stephen Harper says Canada has already done more to lower carbon emissions in its electricity sector than the U.S.

Prostitution. Canadians favour crackdown on sex trade, Harper says

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general.

"They are not harmful because they are illegal," Harper said. "They are illegal because they are harmful."

Legislation introduced this month would, if passed, criminalize the purchase of sexual services, take aim at those who benefit from prostitution and outlaw the sale of sex near places where children gather.

Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

THE CANADIAN PRESS

Helping ducks

Human error cited in motorcycle crash

A police investigator says human error was behind the deaths of two people whose motorcycle slammed into the back of a car as the motorist was allegedly helping some ducks.

Emma Czornobaj has pleaded not guilty to two counts of criminal negligence.

Witnesses have said the accused was tending to a family of ducks when the accident occurred in June 2010. A Quebec provincial police officer told the accused's jury trial the motorcycle was going as fast as 121 km/h at the time of impact. THE CANADIAN PRESS

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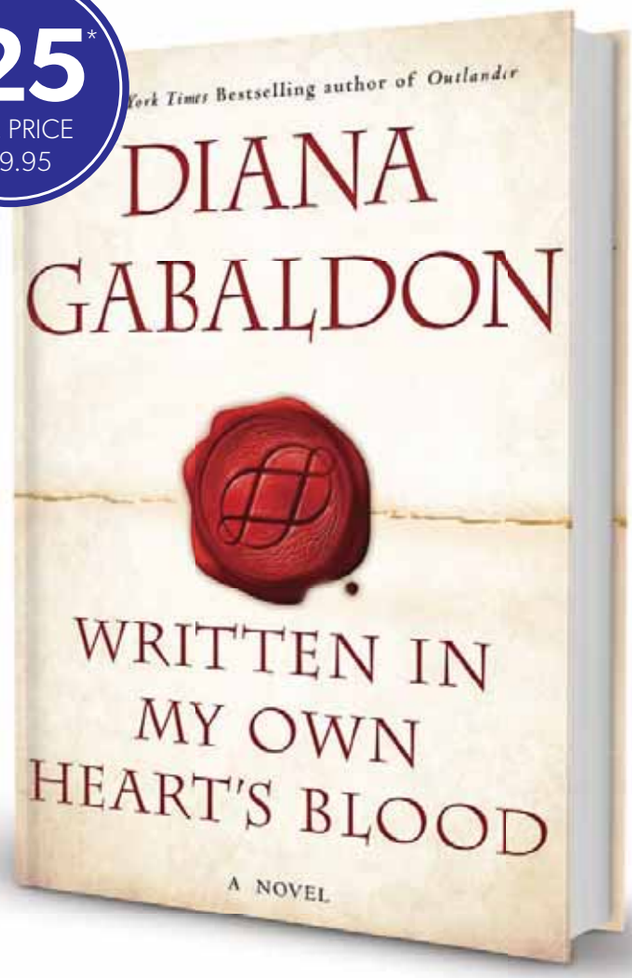

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STAY WELL

easy ways to help you live well

These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.

2 Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3 The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.

4 Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

5 Rid yourself of germs—easily

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7 Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.

8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

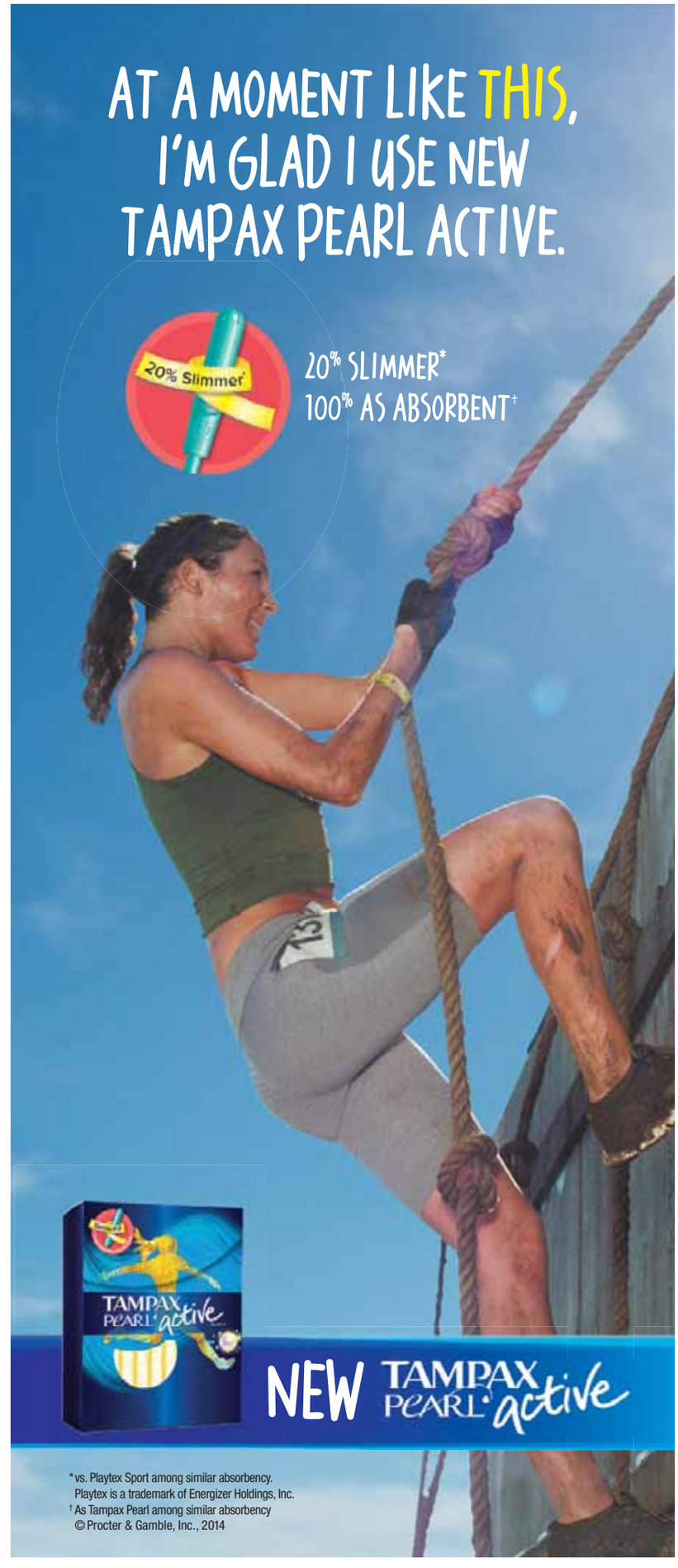
***Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.**

9 Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.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Efforts underway to rescue man trapped inside German cave

Alps. Although rescuers have reached trapped researcher, he is still nearly 6,000 metres from the cave's entrance

A rescuer enters a cave near Berchtesgaden in the German Alps. THE ASSOCIATED PRESS

Rescuers were working Monday to bring out a man stuck deep inside a cave in the German Alps after he was hurt by falling rocks, an effort that officials said would take days as experts negotiate a tricky labyrinth of vertical shafts and bottlenecks.

A four-member rescue team reached the experienced 52-year-old German cave researcher early Monday inside the Riesending cave system, near Berchtesgaden in Germany's southeastern corner.

The man, whose name wasn't released, had suffered head injuries a day earlier. One of his two uninjured companions made a 12-hour climb back to the cave entrance to alert authorities, while the other stayed with him.

The injured man is nearly 1,000 metres below the surface "in one of the most difficult caves in Europe," mountain rescue official Klemens Reindl told n-tv television.

Officials said he is around 6,000 metres from the cave entrance. He is believed to be in stable condition.

"We have shafts that go straight down 350 metres, where you have to rappel down and climb back up on a rope," he said. The cave system has tight spots where only a slim person can squeeze through, and explorers also have to contend with water.

Cave rescue specialists from Germany, Austria and Switzerland were involved in the operation. THE ASSOCIATED PRESS

Utah

Cabin burglar pleads guilty

A man accused of burglarizing cabins across a wide swath of Utah has agreed to a package of plea deals to settle charges from seven counties.

Troy James Knapp pleaded guilty Monday to 10 felony counts of burglary. He was sentenced to one to 15 years on each count. THE ASSOCIATED PRESS

Home invasion

Woman's online gambling pays off

People watching a video feed of a woman playing an online game called authorities to report seeing a home invasion taking place in the woman's apartment, police said Monday.

Lt. Michael Pooley said a friend of the victim watching the video Monday morning saw two men with guns break down the woman's apartment door while she was playing the game. THE ASSOCIATED PRESS

New Jersey. Authorities say trucker went 24 hours without sleep before crash

The truck driver from Georgia accused of triggering the highway crash that injured Tracy Morgan and killed another comedian hadn't slept for more than 24 hours before the accident, authorities said Monday while the actor was recovering in a New Jersey hospital.

Walmart truck driver Kevin Roper was originally expected to make an initial appearance in state court Monday, but a court official said the Jonesboro, Ga., resident is scheduled in court on Wednesday.

It wasn't clear Monday if Roper had retained an attorney. He remained free after posting a $50,000 bond.

Authorities said the 35-year-old Roper apparently failed to slow for traffic ahead early Saturday in Cranbury Township and swerved at the last minute to avoid a crash. Instead, his big rig smashed into the back of Morgan's chauffeured Mercedes limo bus, killing comedian James "Jimmy Mack" McNair, authorities said.

The 45-year-old Morgan, a former Saturday Night Live and 30 Rock cast member, remained in critical condition Monday. Morgan's spokesman, Lewis Kay, said he was "more responsive" Sunday after having surgery for a broken leg.

Kay said Morgan suffered a broken femur, a broken nose and several broken ribs and is expected to remain hospitalized for several weeks. He said Morgan's family is "tremendously overwhelmed and appreciative of the outpouring of love and support from his fans."

Roper has been charged with death by auto and four counts of assault by auto. Under New Jersey law, to prove both crimes the state has to demonstrate the defendant operated the vehicle recklessly when the injuries or death were caused.

According to the criminal complaint, Roper was operating the truck "without having slept for a period in excess of 24 hours resulting in a motor vehicle accident." It doesn't specify the basis for that assertion. THE ASSOCIATED PRESS

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7 men held after female student sexually assaulted

Egypt. Tahrir Square has seen multiple sexual attacks on women amid the large crowds that mass there for protests or celebrations

Egyptian police on Monday arrested seven men for sexually assaulting a 19-year-old student during celebrations marking the inauguration of the country's new president in Cairo's central Tahrir Square the day before, security officials said.

Video footage posted on social media purportedly shows the student completely naked amid a crowd of men, parts of her body blooded as policemen struggle to escort her out of Tahrir.

Police were investigating 27 complaints of sexual harassment against women in Tahrir, where tens of thousands celebrated Abdel-Fattah el-Sissi's inauguration on Sunday late into the night, the officials said.

Sexual harassment has been one of Egypt's enduring social ills.

THE ASSOCIATED PRESS

Supporters of Egyptian President Abdel-Fattah el-Sissi celebrate his inauguration in Tahrir Square, Cairo, on Sunday. THOMAS HARTWELL/THE ASSOCIATED PRESS

Karachi, Pakistan

Taliban claims responsibility for attack on airport

The Pakistani Taliban on Monday threatened more attacks after claiming responsibility for a brazen five-hour assault on the country's busiest airport in which gunmen disguised as police guards stormed the international airport in Karachi and set off explosions. At least 18 people were killed beside the attackers.

The attack further diminished prospects for a resumption of peace talks with the Pakistani Taliban that officials had hoped could bring an end to their campaign to overthrow the U.S.-allied government.

THE ASSOCIATED PRESS

Boko Haram. Gunmen kidnap 20 women in northeast Nigeria

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls and young women on April 15.

The group seeks to establish a pure Islamic state ruled by Shariah law.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in the remote stretch of Borno state.

Tar said the group also took three young men who tried to stop the kidnapping.

"We tried to go after them when the news got to us about three hours later, but the vehicles we have could not go far, and the report came to us a bit late," he said.

In another incident, the defence headquarters said Monday that troops prevented raids by Boko Haram this weekend on villages in Borno and neighbouring Adamawa. Soldiers killed more than 50 militants on Saturday as they were on their way to attack communities. The military has come under criticism from Nigerians who say they're left to fend off attacks on their own.

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ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1 **What the heck?** Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2 **Shoes or socks?** Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3 **Adidas goes retro.** Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4 **Golden boot.** The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5 **Shine a light.** Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.

Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS

World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

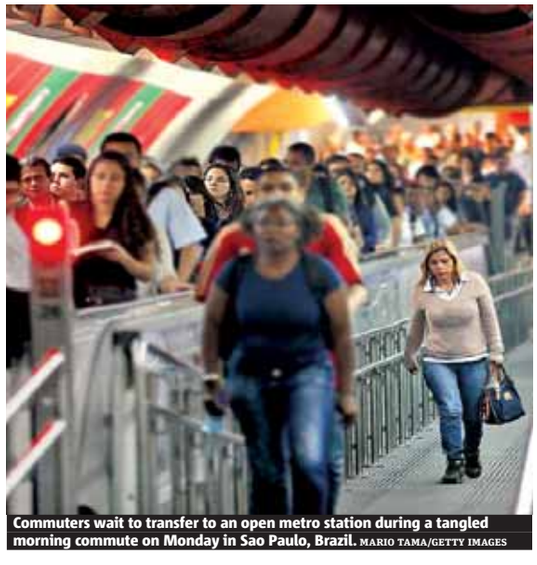
The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

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Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program

SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walk and pedaling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Residents of the south-western Ontario city can sign up online at london.goodcoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from P.E.I. to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.

From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Consumer debt

Rising appetite for credit in Western Canada: Equifax

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around $1.4 trillion, up from $1.33 trillion in the same period last year.

THE CANADIAN PRESS

Market Minute

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TSX
14,871.21 (+32.31)

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Natural gas: $4.63 US (-$0.08)
Dow Jones: 16,943.10 (+18.82)

metro

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11:33 AM
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RIGHT TO BARE ARMS NOT ABOUT GENDER

SHE SAYS
Jessica Napier
metronews.ca

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud

The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious. METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted

"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

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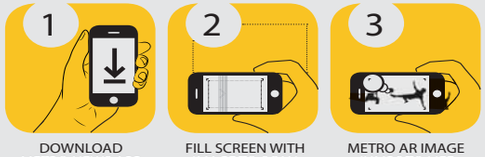

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In this issue, you can find AR enhancements on page 16 in News, page 20 in Scene and page 30 in Sports

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

metro AR

Best of the bumper crop

ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)

THE CANADIAN PRESS FILE

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Scan this photo with your Metro News app to view The Sacrament trailer

Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, The Sacrament

NED EHRBAR
Metro World News in Hollywood

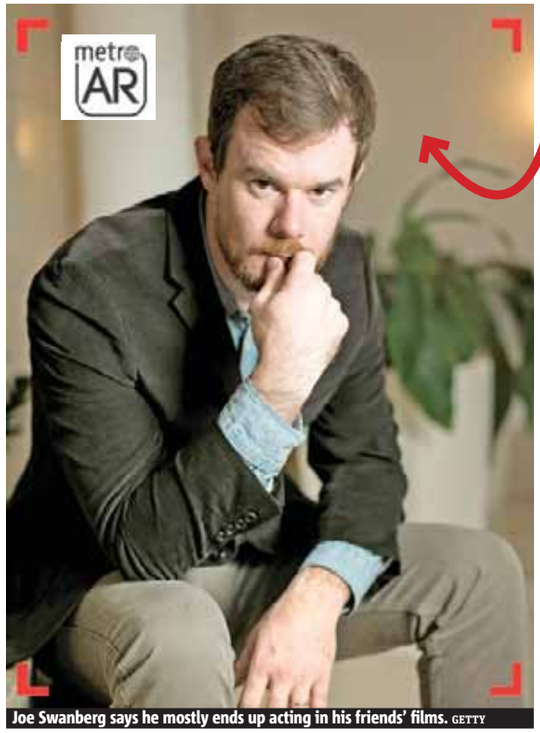
Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like The Sacrament, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?
I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?
Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me. And then adding the Vice component was really exciting because they're just so active right now, covering different kinds of stories and putting themselves into dangerous situations. I spent some time figuring out that kind of Vice vibe. They have their own way of doing it, so we wanted to try to get that right.

How do you balance acting and pursuing your own filmmaking goals?
I've been pretty busy as a director the last year. There was a period of time when I was doing a lot of acting work, and that's kind of slowed down as I've focused more on my own stuff. But I really like to act, so I hope it's something that I'll be able to keep doing. A lot of the films that I acted in two years ago are just coming out now, so it's been cyclical. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies. I'm not out there auditioning stuff. I feel like I only get work when people remember me or think of me.

You have your next film as a director, Happy Christmas, coming out this summer, which seems like an odd time to release it.
Well, I would describe it as more of a comedy and a family movie than it is a Christmas movie. For an independent film, it's really hard to put a movie out in December. That's when the studios are putting out all of their big Oscar movies, and it's easy to get lost. We talked about it and felt that it was a movie that would stand a better chance of finding its audience in the summer, and then in a perfect world it will be out on DVD around Christmas, and if there's a holiday component to the movie, people can catch it on home video around that time.



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY

Ti West's latest film is about a reporting crew's run-in with a disturbing cult. CONTRIBUTED

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When family members raised concerns about their loved ones, members of the U.S. government visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

After Drinking Buddies

Given the success of his film Drinking Buddies, does Swanberg feel like people see him as the go-to person for films you can make for less than a million dollars?
"I don't know, maybe," he says. "I've sort of chosen to work really cheaply, and part of that is just a practical mindset coming from no-budget indie movies. But also you just have so much more freedom at a lower budget level. The more money you throw under there, the more you have to make that money back, and I think that I've just chosen to occupy this space because I can stretch out and try different things."

DVD review

Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the Anchorman movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

Fans will smile at Partridge TV show regulars Felicity Montagu, Tim Key, Phil Cornwell and Simon Greenall, all of them guided well by director Declan Lowney. And of course there's Partridge himself, whom Coogan delivers with deadpan aplomb. He claims to be tired of playing the character, but this is the one he knows and does best.

Extras include deleted scenes, a making-of featurette and a commentary track by Coogan and writers Rob and Neil Gibbons.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Usher ALL PHOTOS GETTY IMAGES

Bieber was a 'naive child,' but he's no racist: Usher

Usher insists that Justin Bieber is not a racist, despite the multiple videos that have surfaced of a teenage Bieber making racist remarks and jokes. "At my core, I am a person that supports growth and understands without judgment that growth often comes as a result of pain and (continuous) effort," Usher wrote in a lengthy comment beside an Instagram pic of himself and protégé Bieber. "As I have watched Justin Bieber navigate difficult waters as a young man, I can tell you that he hasn't always chosen the path of his greatest potential, but he is unequivocally not a racist. What he was five years ago was a naive child who did not understand the negative power and degradation that comes from playing with racial slurs. What he is now is a young man faced with an opportunity to become his best self, an example to the million of kids that follow him to not make the same mistakes."

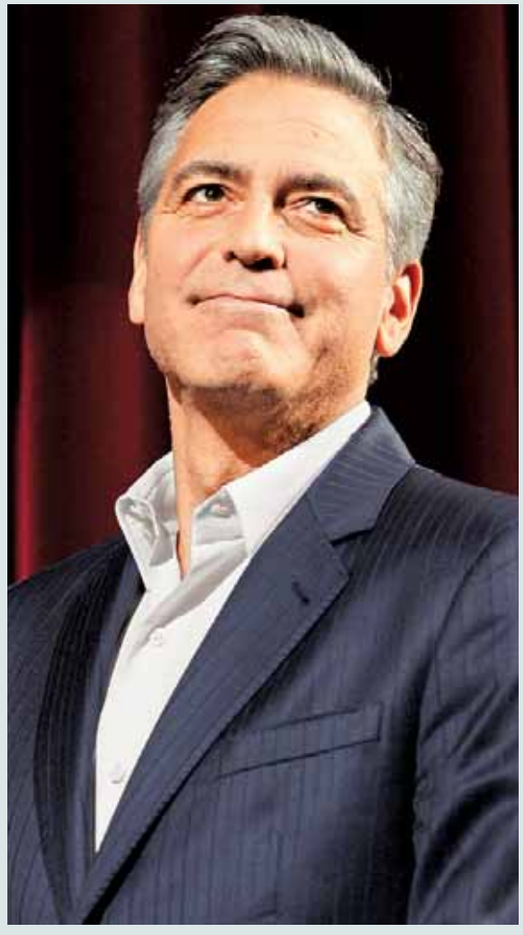
METRO WORLD NEWS

Bryan Singer may get the boot from the next X-Men film over assault scandal

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for X-Men: Days of Future Past, but that doesn't mean he's in the clear just yet as far as professional fallout goes. All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, X-Men: Age of Apocalypse, according to Radar Online. "Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another $250 million to $350 million US to make Apocalypse. There have been talks about who else he'd let direct it with him producing, but those led to heated arguments and walkouts. They're also looking at how far back they can push production without moving the release date, if any lawsuit did get a court date." METRO WORLD NEWS

Bryan Singer

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.

Rachel McAdams

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least.

METRO WORLD NEWS

Alleged burglar caught at Sandra Bullock's place while she was home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine."

It wasn't clear whether Corbett has hired an attorney. THE ASSOCIATED PRESS

Sandra Bullock

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groin. GROIN. Say it. It's so embarrassing. G-r-o-i-n-n-n

Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised $60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

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Looking to see whether adding a new diabetes medication to current diabetes therapy is safe and effective in managing blood sugar levels. The study consists of 13 clinic visits and 10 phone calls over 6 months. Study participants will be provided with study medication and a blood glucose meter at no cost for the duration of the study. Compensation will be provided for travel.

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What Brazil can teach Canada

'Recipe for health.'

The country tackles growing waistlines with a new proposed food guide that goes beyond nutrients

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Soccer fans flocking to Brazil for the 2014 FIFA World Cup (June 12 to July 13) may find very roomy seats, depending on the stadium they are in. Partly because of the country's obesity problem, at least one per cent of the seats in Brazil's newly built World Cup venues will be extra-wide — about double the size of regular seats.

According to a 2013 report by research firm GlobalData, by 2022 an estimated 64 million people in Brazil, whose economy has grown rapidly in recent years, will be overweight. And 26 million — more than one eighth of the population — will be obese. Those numbers are really scary.

Here's the good news, and it's something Canadian policymakers may want to consider: Brazil's ministry of health has proposed a new food guide that focuses not on nutrients, but on meals and foods. It's "a recipe for health," says Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, and author of The Diet Fix. He adds that many of the world's dietary guidelines, including Canada's, "are stuck in a nutrient-focused approach where the goal is to ensure people meet their nutrient quotient. But people don't shop for nutrients; they shop for foods." He also notes that a nutrient focus confuses consumers into thinking a highly processed food that has been enriched with a nutrient is a healthful choice.

Jean-Claude Moubarac, a post-doctoral research fellow at both the University of São Paulo in Brazil and the University of Montreal, worked on the guide, which is undergoing public consultation. "It was important to have a guide that was updated and addressed the most recent view of nutrition." That view also includes a focus on the role of food processing and the context of eating.

Tips from the food guide

1. Prepare meals from staple and fresh foods.
2. Use oils, fats, sugar and salt in moderation.
3. Limit consumption of ready-to-consume food and drink products.
4. Eat regular meals, paying attention, and eat in appropriate environments.
5. Eat with others whenever possible.
6. Buy from places offering a variety of fresh foods.

Come to Brazil for the World Cup, stay for the nutrition tips. ISTOCK

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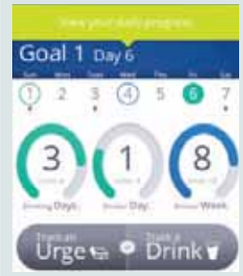

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LEARNING CURVE

Tuesday, June 10, 2014

UBC investing in varsity sports

DANIEL HENDRIKSEN
For Metro

In an effort to improve team success, the University of British Columbia (UBC) will be investing more money in its varsity sports teams. Following a review, the post-secondary institution has decided to allocate an additional $500,000 per year in the varsity sports.

UBC president Stephen Toope said the school believes the added funds will bring their teams more success.

"We are laying a foundation for a new era for the UBC Thunderbirds," said Toope. "If we stay the course, in years to come we will see more intercollegiate championship titles, a new sense of school spirit and an even stronger sense of community pride."

The money will see supplementary performance and marketing personnel added to the existing athletics team. A new athletics director will be in charge of technical performance and coach development. More strength and conditioning, nutritionist and psychologist positions will also be added. A marketing professional will be hired to build community partnerships and create vibrant new varsity game experiences.

The UBC Thunderbirds football team in action against the Saskatchewan Huskies. CONTRIBUTED

The announcement of the funding comes after an extra $800,000 per year in funding designated in this past academic year. Throughout the past four years, UBC has also made investments in their sporting facilities including the Doug Mitchell Thunderbird Sports Centre, the UBC Tennis Centre, the Thunderbird Park and Stadium track and field developments and the Gerald McGavin Rugby Pavilion.

"We have a strong vision for UBC athletes to achieve their full potential at the intercollegiate, national or professional level," said Louise Cowin, vice president of students. "We are going to work with student-athletes and coaches to provide the additional support they need to drive performance."

More announcements are expected in the coming years, including a new aquatic centre, national soccer development centre fields and an indoor baseball training centre.

To learn more about UBC athletics, visit gothunderbirds.ca.

Federal funding for SFU French language program

The Office of Francophone and Francophile Affairs (OFFA) at Simon Fraser University (SFU) is receiving substantial funding from the federal government.

It was recently announced that the OFFA will obtain $2 million in funding for each of the next five years from Canada's Department of Canadian Heritage, Official Languages through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities initiative. The OFFA was established in 2004 and is just a few months short of its 10-year anniversary. The department works with SFU's Faculty of Education and Faculty of Arts and Social Sciences to coordinate and promote the institution's programs and courses taught in French. DANIEL HENDRIKSEN/FOR METRO

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Scott Kling CONTRIBUTED

Douglas alumni recognized for eye-care contributions

DANIEL HENDRIKSEN
For Metro

Douglas College handed out its 2014 Distinguished Alumni Award on June 4. This year's recipient is Scott Kling, a 2004 graduate of Douglas' Dispensing Optician program.

Kling is an eye-care professional who works for a company called Essilor Canada, a corrective lens provider that does business around the world. Since starting with them, Kling has worked his way up to become a senior sales account manager. Outside of his day-to-day work, Kling has also been active in the eye-care industry as an educator, advocate and volunteer.

"Being recognized with this award is one of the proudest moments of my career so far. Douglas College was my gateway into the eye-care industry," said Kling in a media release.

Kling, who hails from Port Moody, is a recognized speaker and has given presentations to eye-care professionals both in Canada and internationally. Kling admits that he loves what he does and is grateful for the opportunities to interact with a variety of people every day.

"I love the personal interaction that I get to have on a daily basis, not only with other eye-care professionals but with the public as well," he said.

Despite his busy schedule, Kling still manages to find time to volunteer with the Third World Eye Care Society, a non-profit organization that collects eyewear and distributes it to people in developing countries.

For the past seven years, Kling has been a member of the Douglas College Dispensing Optician program advisory committee.

Quoted

"I love the personal interaction that I get to have on a daily basis, not only with other eye-care professionals but with the public as well."
Scott Kling

New JIBC partnership promotes growth

The Justice Institute of British Columbia (JIBC) has signed a new Memorandum of Understanding (MOU) with Ontario-based French language college La Cité. JIBC president Dr. Michel Tarko, and Dr. Laureen Styles, vice president of academic, signed the agreement in Ottawa along with officials from La Cité in late May.

The two institutions hope the MOU can create new post-secondary programs, workshops and specialized seminars. Expanding online training opportunities will help students from both JIBC and La Cité acquire the applied public safety education and training that is in demand in today's workforce.

Under the terms of the agreement, instructors from the respective schools will share their expertise with each other with the goal of bettering both institutions' position at the national and international levels.

"JIBC is very proud to form this important partnership with La Cité," said Dr. Michel Tarko in a media release. "We both recognize that through partnerships, we can contribute to our respective strengths to benefit students, our organizations and communities."

La Cité is based out of Ottawa but also has campuses in Orléans and Hawesbury. It is the first French language college for applied arts and technology in Ontario.

DANIEL HENDRIKSEN/FOR METRO

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Interested in Aboriginal justice?

The Aboriginal justice studies program at Native Education College is a unique program that looks at the challenges Aboriginal people face in the criminal justice system, and how Aboriginal cultural approaches to corrections, policing, and courts are helping to address the legacy of colonization.

This program examines the long-term impacts of colonization and the over-representation of indigenous people in the criminal justice system.

"The program offers an indigenous perspective to the problems faced by the original nations of the Western Hemisphere," says Tamara Starblanket, Aboriginal justice studies co-ordinator. "The course offers a balanced approach to criminal justice studies by examining the legal and social issues from an indigenous and western perspective."

The course prepares the student for employment in areas such as policing, corrections, law and academic pursuits.

Many students carry on with further education in post secondary studies at Simon Fraser University. And, Native Education College has a transfer agreement with other post-secondary institutions, such as Justice Institute and SFU, for those students who want to dive deeper into their justice studies. Visit necvancouver.org/programs/aboriginal-justice-studies.

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FUTURE LOOKS BRIGHT FOR DENTAL CAREERS

CDI COLLEGE OFFERS THREE PROGRAMS

CONTRIBUTED

As the demand for quality dental care grows, there will continue to be a need for well-trained dental professionals. The field is full of challenging and rewarding job opportunities for personable and organized individuals — all you need is the right training.

CDI College offers three unique dental career programs that provide students with the specific skill sets they need to become dental assistants, dental technicians or dental office personnel.

The dental assisting program trains students to provide assistance to dentists during patient treatments. Students learn in the classroom and gain practical experience in the campus dental lab before taking part in two field placements, working under the supervision of a practising dentist. Upon completion, graduates are eligible to write the National Dental Assisting Examining Board exams.

Students in the dental technician program learn to create custom-made dental appliances that improve a patient's overall oral health. They learn to work with a range of materials, master the tools and use computer-aided design and manufacturing software. Graduates will be equipped to enter this growing profession in less than two years.

The dental receptionist co-ordinator program covers medical and dental fundamentals like anatomy, physiology, terminology and dental equipment. Students learn office-standard programs like Microsoft Word and Excel, as well as dental office procedures. They also get a chance to put their training to use in an 80-hour practicum in a real-world dental office.

All programs are designed based on input from industry experts so students learn to use the tools, techniques and technology used by professionals in the field. In addition, students learn from industry-experienced instructors in smaller classes, allowing them to get individualized attention when they need it.

Regardless of which field of study you choose, you will acquire the practical skills you will need for a rewarding career in the dental industry. For more information about the CDI College dental programs, call 1-877-404-4353 or visit cdicollege.ca.

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The demand for dental techs is expected to increase steadily in the coming years, with a projected 1,000 extra job openings in BC by 2020. The Dental Technician program at CDI College will help you develop the skill set needed to be successful on the job.
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A gateway to a career in the trades

Training programs available at VCC

Those looking for a reliable and well-paying career should consider training for a trades career. The number of workers getting set to retire in trades currently outnumbers the workforce able to replace them, leaving companies scrambling to find qualified, well-trained employees.

One of the best ways to prepare for a trades career is through a training program like the construction electrician foundation or plumber foundation programs at Vancouver Career College.

The 28-week construction electrician program prepares students to work with contracting companies involved in residential and commercial electrical work. Students learn installation and maintenance of various electrical mechanisms. Emphasis is placed on lighting, power, alarm, data and communications systems. They also study electrical theory, learn to read blueprints and apply the electrical code in the classroom, lab and workshop.

Prior to graduation, students put their skills and knowledge to use during a 150-hour field placement, gaining hands-on experience under the supervision of a trained electrician.

The plumber foundation program provides the practical training students need to get started on the path to a career as a plumber in just 29 weeks. They study the fundamentals of the trade, including math and science, plumbing materials and tools, and piping systems courses. Training with industry-experienced instructors, students learn about oxyacetylene equipment, plumbing valves and working with a range of piping and tubing, including plastic, iron and cast iron. They also learn to read plumbing drawings and create and support a functioning plumbing system from scratch. Students gain first-hand experience during a 150-hour field study.

While completion of a foundation program does not make one an apprentice, it does make it easier for them to pursue an apprenticeship.

Vancouver Career College is accepting applications for the construction electrician foundation and plumber foundation programs. For more information, call 1-877-607-7819 or visit vccollege.ca.

CONTRIBUTED

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By 2020, 43% of workers will require some form of trades or technical training. One of the best ways to prepare for a trades career is through a foundation training program like the Construction Electrician Foundation, Plumber Foundation or Carpenter Foundations programs at Vancouver Career College. In less than a year, you could be on your way to a rewarding lifelong career.

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ADDICTION WORKERS IN HIGH DEMAND

In Vancouver, there is a need for dedicated individuals who want to help others come out of addiction.

Through the addictions worker diploma program, MTI Community College hopes to address the need for these types of skilled workers in this field.

"The Downtown Eastside has become notorious as an open drug market, and our graduates will aim to provide a solution to those in need," says Komela Kiafar, campus director of the Vancouver campus.

"Making a difference in the lives of people in our community is a challenging, rewarding and diverse career path."

The addictions worker program is a 43-week program that trains students to work in a variety of settings within the recovery process, including detox centres, rehabilitation centres, outpatient facilities, and treatment planning.

Students will learn about practical skills in the intake and assessment of addicts, group facilitation skills, substance addiction, behavioural addiction, and high-risk groups for addiction.

"Students benefit by learning practical skills that can be applied to the workplace, as well as theoretical knowledge that can assist them in making decisions," says Kiafar.

They also learn to apply the principles of addiction, pharmacology and structured relapse prevention planning.

"Qualified professionals can properly assess addicts and prepare the right treatment plan for them," says Kiafar.

"Having trained individuals enhances the quality of care that individuals suffering from addiction will receive."

The program focuses on developing group facilitation skills as well as entry-level skill development in one-to-one counselling.

Coverage includes an in-depth study of family dynamics and addiction as well as special populations: First Nations and other ethnic/cultural groups, youth, sexual minorities, elderly, concurrent disorders, homeless, gender (women), crime, HIV/AIDS and suicidal clients.

The next intake for the addictions worker program is September, and applications are now being accepted.

For more information, call 604-310-2684, or visit mticc.com.

CONTRIBUTED

GRADS GET THE JOBS

The addictions worker program includes an eight-week practicum (300 hours) where students will put what they have learned in the classroom to the test.

After the completion of the practicum, students will receive career preparation to help with building a resumé and interview skills.

More than 93 per cent of MTI grads gained employment last year.

Sardines are the perfect small fry

Gone fishin'

Smallest fish are the most delish — and the healthiest

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. (You then get to carry those pollutants around in your body, to your detriment.)

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIEND-INFOOD.COM

Barbecued Small Fish.

Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

This recipe makes four servings. THERESA ALBERT

Directions

1. Place fish into a glass casserole dish or lasagna pan.
2. Slice lemons very thinly and lay on top of fish.
3. Sprinkle capers and dill over fish and splash with hot sauce.
4. Bake in 425F oven or on barbecue for 6-8 minutes.
5. Season at the table with sea salt and pepper.

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Testing the market?

NBA. Raptors will play an exhibition game in Vancouver on Oct. 5

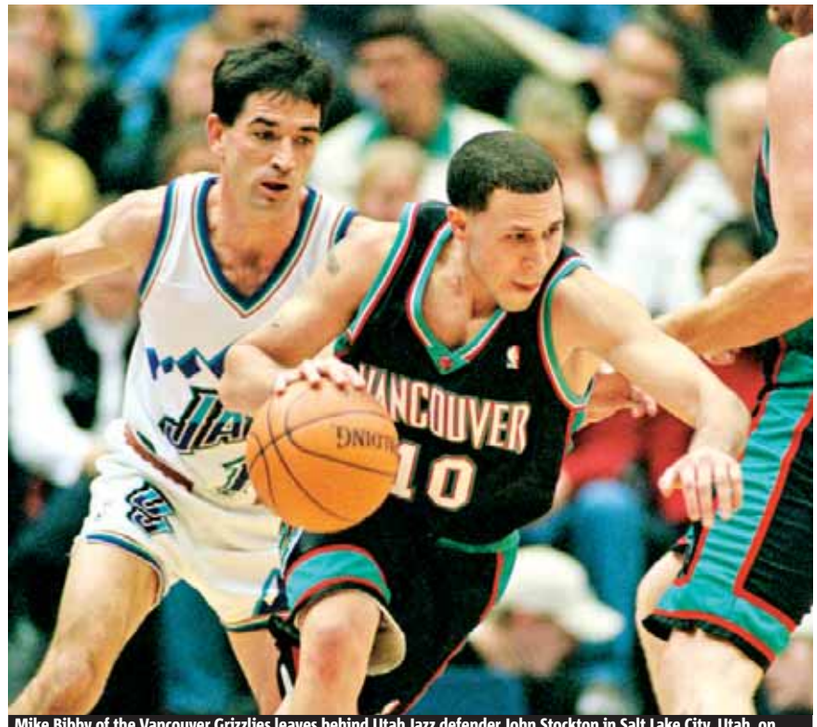
CAM TUCKER
cam.tucker@metronews.ca

Vancouver may have long ago lost the Grizzlies, but by scheduling an exhibition game at Rogers Arena this fall, a well-known economist believes the NBA is testing the local market.

The Toronto Raptors, fresh off their first playoff appearance since 2008, play the Sacramento Kings in a pre-season game in Vancouver on Oct. 5, as part of an NBA Canada series. Rogers Arena, formerly GM Place, was the home of the Grizzlies franchise from 1995 to 2001, before it was relocated to Memphis in a move that left local fans bitter at the time.

"You want to keep testing the market. Not just theoretically with TV viewership, but see how many people will actually show up for an exhibition game," Glen Hodgson, senior vice-president and chief economist with the Conference Board of Canada and co-author of the book Power Play: The Business Economics of Pro Sports, told Metro.

An increase in the region's population, a stronger local economy and Canadian dollar are all factors that could land another professional sports franchise — likely a basketball team — in Vancouver within 20 years, said Hodgson.



Mike Bibby of the Vancouver Grizzlies leaves behind Utah Jazz defender John Stockton in Salt Lake City, Utah, on Dec. 7, 2000. The Grizzlies left Vancouver for Memphis in 2001. GETTY IMAGES FILE

A weak Canadian dollar at the time, combined with players getting paid in U.S. dollars, contributed to Vancouver losing its NBA franchise.

However, the process of expansion goes beyond just a positive sample size of one successful exhibition game in a market. Dan MacKenzie, vice-president and general manager of NBA Canada, listed expansion fees and value of a franchise as things to consider.

"When you look at the question of 'Could an NBA team ever go back to Vancouver?' I'd think it's a bit more complicated than that," said MacKenzie.

"The most important one right now is the NBA Board of Governors hasn't expressed any desire to expand. There's been no indication that expansion is on the horizon. That's No. 1."

"There's a variety of factors that play into it. And exhibition game success definitely is something that's a piece of it. But the overall factors are more complex than that."

CFL

Beck impressing on and off the field at Lions camp

John Beck can dance. He showed that to the masses through a video the B.C. Lions posted online.

The veteran quarterback busted a move — several in fact — to raucous cheers from his teammates during a meeting recently in Kamloops, where the Lions are holding training camp. It was an impressive showing, one that came with a good laugh.

Also impressive has been Beck's performance during camp. After coming to the Lions from the NFL, Beck is likely to slot in as B.C.'s third-string quarterback throughout the season.

The situation may be more complicated at first, however.

Travis Lulay is still working back from off-season shoulder surgery, and if he's not ready by the start of the regular season on June 28, Beck would likely be the prime backup behind CFL veteran Kevin Glenn.

"John Beck right now has performed extremely well," head coach Mike Benevides told reporters.

"He's got a strong arm; he's a pro; he's taking to the playbook. He's taking to the rules of our league. He's doing a really good job so he factors in a big way."

CAM TUCKER/METRO

A little extra flop in his step

The Heat's Dwyane Wade drives to the basket against the Spurs' Manu Ginobili during Game 2 of the NBA Finals on Sunday. Wade became the latest recipient of a flopping fine from the NBA on Monday, ordered to give up $5,000 after the league found he over-exaggerated a foul charged to Ginobili in Game 2. Scan the image with your Metro News app to see how some of the series' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Kings knocking on Stanley's doorstep after latest win

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding 3-0 series lead and move within one victory of hoisting the cup.

Quick was masterful in his poise and in his reflexes to record his second shutout of these playoffs and the ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

Game 3

Kings	Rangers
3	0

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in control all night despite being outshot 32-15. New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the Stanley Cup 20 years ago.

Complete with the memory of Games 1 and 2 — both overtime losses — the Rangers reflected confidence despite their series deficit. Pre-game festivities leading to the opening faceoff included a motivational montage featuring Liam Neeson, and the home team took the ice at the Garden to the strains of The Who's Baba O'Riley.

John Amirante's rendition of the Star-Spangled Banner was accompanied by frenzied towel waving from the sellout crowd. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

♉ Taurus
April 21 - May 21
The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

♊ Gemini
May 22 - June 21
The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

♋ Cancer
June 22 - July 23
Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

♌ Leo
July 24 - Aug. 23
It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

♍ Virgo
Aug. 24 - Sept. 23
You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

♎ Libra
Sept. 24 - Oct. 23
A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

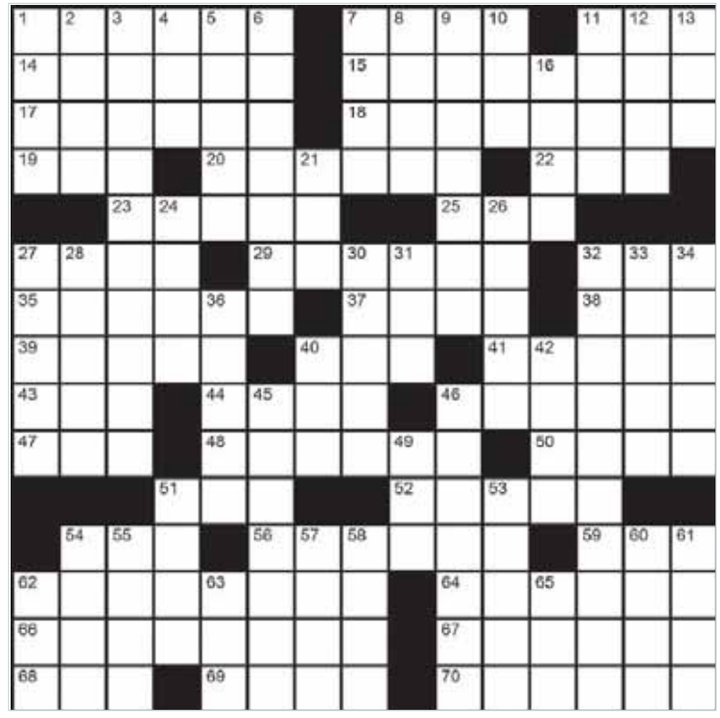
♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

♓ Pisces
Feb. 20 - March 20
You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. SALLY BROMPTON

Crossword: Canada Across and Down

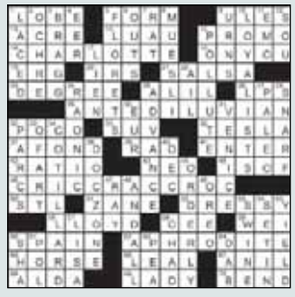
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks ___
20. ABBA's "__-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-__ Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize
66. Ian __, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down
1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")
10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' "__ __ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick __ __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



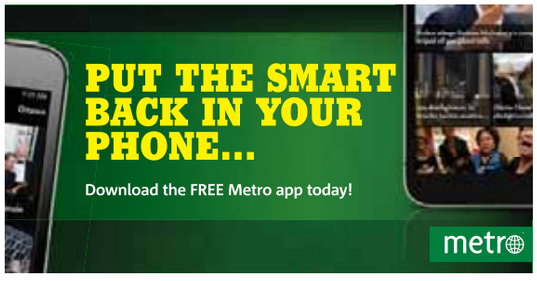
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2					7		3
7			6			4		
		8	9					
				3				5
9		1	4		7	8		2
6				5				
					2	5		
		2			1			8
8		4					2	7

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	8	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7



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	Economy from	Business from
Hong Kong Travel Sep 3 – Sep 17	$1019	$2889

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EXPERT TIP

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Los Angeles
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